

Providing help to constituents who need assistance with individual problems is one of my top priorities. Listed below are some ways in which my office may assist constituents:

[Help with Federal Agencies](#)

Sometimes it can be difficult to understand the complicated regulations of our federal agencies. Click here to find out how I may be able to assist you. You may be able to resolve concerns on your own with the answers to several of the most frequently asked questions.

[Federal Grants and Funding Assistance](#)

Need help applying for a federal grant?

[Neighborhood Office Hours](#)

My staff will be in the 13th District holding Neighborhood Office Hours to serve you better.

[Internships](#)

I offer internships in my Washington and district offices to students who are interested in learning more about the federal government.

[Military Academy Nominations](#)

High school students in the 13th District may request a nomination to a service academy.

[Congressional Art Competition](#)

An Artistic Discovery is the annual art contest conducted by Members of Congress for high school students across the country.

[Flag Requests](#)

Looking for a way to commemorate a special occasion? Have a flag flown over the U.S. Capitol and sent to you.

[Visiting DC](#)

If you are planning a trip to Washington, DC, click here to find out how to request tickets to visit various DC sites, and to learn more about other popular attractions in and around our nation's capital.